

“When I’m telling myself that I am _____, *how do I feel?*”

“When you are telling yourself that you are _____, *how do you feel?*”

Remember this is an invitation, not a command or judgment – have tone and volume indicate invitation.

Evaluative word	Giraffe (experiential) feeling word
Abandoned	
Abused	
(not) accepted	
Attacked	
Belittled	
Betrayed	
blamed	
Bullied	
Caged/boxed in	
Cheated	
Coerced	
Cornered	
Criticized	
Discounted/diminished	
Disliked	
Distrusted	
Dumped on	
Harassed	
Ignored	

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Insulted	
Interrupted	
Intimidated	
Invalidated	
Invisible	
Isolated	
Left out	
Let down	
Manipulated	
Mistrusted	
Misunderstood	
Neglected	
Overpowered	
Overworked	
Patronized	
Pressured	
Provoked	
Put down	
Rejected	
Ripped off/screwed	

“When I’m telling myself that I am _____, **how do I feel?**”

“When you are telling yourself that you are _____, **how do you feel?**”

Remember this is an invitation, not a command or judgment – have tone and volume indicate invitation.

Smothered/suffocated	
Taken for granted	
Threatened	
Trampled	
Tricked	
Unappreciated	
Unheard	
Unloved	
Unseen	
Unsupported	
Unwanted	
Used	
Victimized	
Violated	
Wronged	

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